

## **FOR THE FULL DAY CAMPER**

### **Monday: Dribbling/Ball Mastery**

9:00-9:30: Registration and Introductions of Coaches  
9:30-10:30: Warm-up (Intro to Dynamic Stretching)/Dribbling Skills and Tactics  
10:30-10:40: Break  
10:40-11:30: Dribbling Small Sided Games  
11:30-12:30: Lunch  
12:30-12:45: Dribbling Skill of the Day (performed by coaches)  
12:45-1:15: Dribbling Skill of the Day/Mini Games (performed by players)  
1:15-2:00: Dribbling Contest/Speed Dribbling  
2:00-2:15: Break  
2:15-3:00: Full Sided Games (between groups)/Cool Down

### **Tuesday: Trapping/First Touch (Five Points)/Decision Making**

9:00-9:30: Attendance and Warm-up (Dynamic Stretching)  
9:30-10:30: Trapping Skills and Tactics  
10:30-10:40: Break  
10:40-11:30: 1 Touch/2 Touch Possession; Futsal  
11:30-12:30: Lunch  
12:30-12:45: Trapping Skill of the Day (performed by coaches)  
12:45-1:15: Trapping Skill of the Day/Mini Games (performed by players)  
1:15-2:00: Juggling Contest  
2:00-2:15: Break  
2:15-3:00: Full Sided Games (between groups)/Cool Down

### **Wednesday: Defensive Tactics**

9:00-9:30: Attendance and Warm-up (Dynamic Stretching)  
9:30-10:30: Defensive Drills and Tactics  
10:30-10:40: Break  
10:40-11:30: Attacker v Defender Games/ 2 v 1; 3 v 2 Games  
11:30-12:30: Lunch  
12:30-12:45: Defensive Tactic of the Day (performed by coaches)  
12:45-1:15: Defensive Tactic Skill of the Day/Mini Games (performed by players)  
1:15-2:00: 2 v 2 Contest; 3 v 3 Contest  
2:00-2:15: Break  
2:15-3:00: Full Sided Games (between groups)/Cool Down

**Thursday: Shooting/Finishing/Crossing**

9:00-9:30: Attendance and Warm-up (Dynamic Stretching)  
9:30-10:30: Shooting and Finishing Drills/Proper Technique  
10:30-10:40: Break  
10:40-11:30: Brazilian Shooting Games  
11:30-12:30: Lunch  
12:30-12:45: Shooting Drill of the Day (performed by coaches)  
12:45-1:15: Shooting Drill of the Day (performed by players)  
1:15-2:00: PK Shootout Contest  
2:00-2:15: Break  
2:15-3:00: Full Sided Games (between groups)/Cool Down

**Friday: Day of Fun**

9:00-9:30: Attendance and Warm-up (Dynamic Stretching)  
9:30-10:30: Soccer Stations (players will move from station to station)  
10:30-10:40: Break  
10:40-11:30: Soccer Stations (players will move from station to station)  
11:30-12:30: Lunch  
12:30-1:40: Mini Games vs. the Coaches  
1:40-2:30: Street Soccer/Cool Down  
2:30-3:00: Awards/Evaluations

**FOR HALF DAY CAMPERS (same as full day, but shorter)**

9:00-9:30: Attendance and Warm-up Games  
9:30-10:30: Topic of the Day (Drills and Games)  
10:30-10:50: Snack and Break  
10:50-11:20: Drill of the Day/Mini Games/Contests  
11:20-12:00: Full Sided Games

**WHAT IS NEEDED:**

Water/Cooler  
Gatorade/Sport Drinks  
Soccer bag for belongings  
Snacks/Lunch  
Sun Screen  
Spray Bottle  
Cleats and Sneakers  
Shin Guards  
Dress Properly for Soccer